

Rejuvenation Breath

This breath builds rejuvenating energy within us.

A great practice to do just before in bed, sitting up in bed. Once finished lie down for sleep.

Breath:

Inhale mouth thru pursed lips for 3 counts

Hold for 3 counts

Exhale nose 4 sniffs – Sa Ta Na Ma

Mudra: palms open facing up: little fingers touch: thumbs stretch away

Once finished sit quiet and still: feel the rejuvenating effects of this breath

This breath works best after the body has been cleared and cleaned...

Gaze: Eyes closed

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Deborah Keene Ayurveda Yoga Center *for* Radiant Living

